



Impact Throwing Academy
2024 Summer Clinic
Sunday, July 21st 10:00 am to 3:15 pm
Hammerman Field
485 Crane Ave
Aurora IL 60505

Coaches Attending

Jeff Kajtsa, Impact Throwing Academy, Downers Grove North High School
Thomas Saam, Downers Grove North High School
Nick Boesso, Lemont High School

Tentative Schedule (times will be adjusted as needed)

9:00 am – 10:00 am	Gates Open for Registration
10:00 am - 11:00 am	Shot Put Glide Technique Session (Coach Kajtsa)
11:00 am – 11:15 am	Break
11:15 am -12:15 pm	Discus Session (Coach Saam)
12:15 pm – 1:00 pm	Lunch Break – on your own
1:00 pm - 2:00 pm	Shot Put Rotational Technique Session (Coach Boesso)
2:00 pm – 2:10 pm	Raffle Drawing
2:10 pm – 3:15 pm	Open Throwing

Raffle Items

1.6K Rubber Discus	4K Steel Shot Put
1K Rubber Discus	12lb Steel Shot Put

Additional Information

1. Athletes are encouraged to bring their own throwing equipment. Club equipment is limited.
2. Parking is allowed on the grass.
3. Water stations will be provided at rings.
4. Parents/guardians of the registered athlete are allowed to attend.
5. Bring lawn chairs or a blanket to sit on.
6. Athletes should be dressed appropriately to work out and for the weather.
7. Athletes need to bring their throwing shoes, towel, sunscreen, and water bottle.
8. Looking forward to seeing you there!